N.C. Hospitals
Board of Control

Report

FIRST ANNUAL REPORT OF THE NORTH CAROLINA
HOSPITALS BOARD OF CONTROL TO HIS EXCELLENCY,
J. MELVILLE BROUGHTON, GOVERNOR OF NORTH CAROLINA

JULY 16, 1944

One year ago today, a sixteen-member Board of Control began its existence and its ambitious program to do all in its power to see that the treatment and care of the mentally sick in North Carolina be improved to equal that of the best Institutions of like kind and surpassed by none. To such an end all other activities and programs are secondary to this one over-all purpose and are justified only as they make a contribution to the attainment of this goal.

In spite of the global chaotic war conditions which have accentuated and made more difficult the operating conditions at all of the Institutions, nevertheless progress has been made. In addition to fair operating conditions being maintained, they are far from those most desired.

In making possible the accomplishments, there are several dominating influences which have contributed to these results. We may point with pride to the leadership and cooperation given us by Governor Broughton, for without his personal interest and favorable actions on our efforts to improve conditions, we would have been helpless in securing certain needed improvements. During the process of this report, his authorization of the following outstanding improvements should result in another everlasting memorial to his administration. Below is a list of the authorized improvements which have already just begun.

1 - Psychiatric Social Worker for the State Hospital at Raleigh.
1 - Psychiatric Social Worker for the State Hospital at Morganton.
1 - Psychiatric Social Worker for the State Hospital at Goldsboro.
1 - Recreational Director for the State Hospital at Raleigh.
1 - Recreational Director for the State Hospital at Morganton.
Additional Hydrotherapy Equipment for the State Hospital at Raleigh.

Additional fencing to provide enclosures for courtyards to permit more patients to be let out of the buildings to enjoy some of the comforts and benefits of the out-of-doors fresh air and sunshine:

State Hospital at Morganton	$1,000
State Hospital at Raleigh	$4,500
Caswell Training School	$1,100

Goldsboro requested no more at this time.

With the courtyards now at each Institution and these additional ones, it should make it possible for almost all of the patients at each Institution to get out of the buildings at one time with minimum supervision if they are mentally and physically able.

With the employment of Psychiatric Social Workers, and the one at Raleigh just having been employed, it is expected that a school will be started immediately whereby students may receive practical training in Psychiatric Social Work, and at the same time render service to the Institution. It is our understanding that this will be the first school of this type south of Washington, D. C.

Another feature of influence making possible the maintaining of good operating conditions and progressive improvements is the unification and cooperation of an excellent Board with each member exerting his or her unselfish efforts in order to attain the goal.

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Another feature of influence making possible the maintaining of good operating conditions and progressive improvements is the unification and cooperation of an excellent Board with each member exerting his or her unselfish efforts in order to attain the goal.

Last, but not least, there is at each Institution a nucleus of loyal and faithful employees whose interest has been manifested throughout their long years of service with the Institutions that represents the highest type of service and faithfulness imaginable. Without the loyal service of these good people that have the patients and Institutions at heart, our efforts in trying to improve conditions would not only seem most despairing, but disrupted and retarded to a most weakened condition. Therefore, we wish to express our grateful appreciation to all those rendering helpful service in these trying times.

The Board of Control has held meetings at all of the Institutions, which supplement the meetings held monthly at each Institution by the Executive Committee of said Institution. Inasmuch as the work of the various Institutions is carried on by administrating officials and an Executive Committee for each Institution there are various Committees from the Board and included herewith are several Committee reports, which are self-explanatory, covering a large part of the work and the anticipated ideals for the Institutions. Although there are no reports included from some of the Committees, that is not an indication of any lack of fine work they have been doing during the year. The results of their work is to be reflected later if their efforts are able to materialize in accomplishing what they strive to make real.

The remedial treatment of the patients is going forward and supersedes, of course, the plain custodial care, in spite of the shortage of doctors, nurses and attendants. Many of the advanced treatments for the mentally sick are being used and there hasn't been, to speak of, any unusual number of complaints regarding either the quality, quantity or the variety of food being served.

The goal set by the Board to provide each adult with a pint of milk a day and each child a quart, was reached, but to sustain this production, it may require constant development and probably an enlargement of the herds.

It was most apparent that sufficient heat to keep the patients warm was supplied.

In view of not having a General Superintendent to make a general report covering the operations of the Institutions, a brief report from the Superintendent of each Institution gives some information as to the conditions found at each Institution. Their fine work is further greatly illuminated by the heavy patient load, which has been forced upon them by the need of more doctors, nurses and attendants.

Mr. Rothgeb, the General Business Manager, has attached hereto a very inspiring and encouraging report of the progress that has been made as a result of the business administration, which has been aided by the efficient Business Managers at the various Institutions.

To summarize the situation, the absolute need is that more funds be appropriated to the Institutions and that the Board be given more authority to use them advantageously in behalf of the Institutions; i.e., to get more doctors, nurses and attendants with an increase in salaries and the erecting of more facilities to care for the patients clamoring for admission.

There are now approximately the following on the waiting list at the various Institutions, with no provisions in the state to provide care for such type patients as seniles and various types of mental defectives, which in many cases require incarceration.

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	The Approximate Number of Patients in the Institutions	The Approximate Number of Patients on the Waiting List
State Hospital at Raleigh	2,465	200
State Hospital at Morganton	2,660	155
Caswell Training School, Kinston	815	900
State Hospital at Goldsboro	2,522	None

From estimates, it might be said that if it were thought there was a chance for admission at the Caswell Training School, the waiting list would be nearer 2,200.

There are only approximately 965 employees, consisting of doctors, nurses and attendants to give treatment and care to these some 8,462 patients, as well as operating farms, power plants, and laundries.

The following is a list of the standing Committees: Committee to Select a General Superintendent, Committee on By-Laws, Committee on Building and Equipment, Committee to study Equalization of Salaries, Wages, etc., Committee to Meet with State Board of Charities and Public Welfare, and To Investigate If There Are Any Duplication of Duties, Committee on Dividing Territory and Transfer and Admission of Patients Between Raleigh and Morganton, Publicity Committee, Committee on Agriculture, Live Stock and Provisions, Committee on Dentistry and Its Relation to Mental Patients, Committee on Improving the Care of Patients, Committee on Psychiatric Standards and Policies, Legislative Committee.

Below is a list of the Executive Committees, which consists of the whole membership of the Board:

Morganton: J. H. Beall, Chairman, Lenoir; Mrs. Andrew Blair, Secretary, Charlotte; Dr. R. H. Crawford, Rutherfordton; Dr. Wingate M. Johnson, Winston Salem; Harry L. Riddle, Morganton.

Raleigh: Senator W. G. Clark, Chairman, Tarboro; C. W. Spruill, Secretary, Windsor: Mrs. W. R. Stanford, M. D., Durham; N. E. Edgerton, Raleigh.

Caswell Training School: L. L. Oettinger, Chairman, Kinston; Mrs. Rivers D. Johnson, Secretary, Warsaw; Dr. C. C. Poindexter, Greensboro.

Goldsboro: W. A. Dees, Chairman, Goldsboro; J. Dwight Barbour, Secretary, Clayton; Dr. H. M. Baker, Lumberton; Dr. Carl V. Reynolds, Raleigh.

It is respectfully requested that our needed requests be granted by the next Legislature, in order that the Board may have a better opportunity of administering the needs and affairs of the Institutions and accomplish the desired improvements and further justify the confidence placed in the Board.

Respectfully submitted

N. C. HOSPITALS BOARD OF CONTROL

By: N. E. Edgerton, Chairman

* * *

REPORT OF THE COMMITTEE ON IMPROVING THE CARE AND TREATMENT OF PATIENTS.

The Committee on Improving the Care and Treatment of Patients of the North Carolina Hospitals Board of Control was appointed on September 29, 1943, and met for the first time on February 9, 1944. The Chairman of the Board, Mr. N. E. Edgerton, met with the Committee. Dr. C. C. Poindexter of Greensboro was appointed secretary. The duties of the Committee were discussed. It was decided to compile a report in the form of recommendations, pointing out the improvements most urgently needed, and suggesting plans for future improvements. A list of recommendations was compiled, and was approved by the Committee on May 10, 1944, and presented to the Board at its meeting the same day. The report was unanimously adopted by the Board. A copy of this report is attached.

This Committee has also discussed from time to time the question of remuneration of medical consultants to the several hospitals. We do not yet have any specific recommendations to make on this subject.

It is the feeling of the Chairman of this Committee that we have made a good beginning in calling the needs of the patients to the attention of the Board and others interested. However, if this is not followed up by action, it is useless. The patients do not benefit from a piece of paper. The patients, therefore, have benefited very little to date from the existence of this Committee. The recommendations approved by the Board should be implemented and put into effect as far as practicable. (Some things, especially concerning personnel, cannot be done until after the war.)

In order to carry out almost any part of this program, more adequate funds and the authority to handle them to the best advantage must be given to the Board. It is our earnest hope that the State of North Carolina will see fit to do this in the near future.

Members:

Lois Foote Stanford, M. D., Chairman
H. M. Baker, M. D.
R. H. Crawford, M. D.
Wingate M. Johnson, M. D.
C. C. Poindexter, D. D. S.
Carl V. Reynolds, M. D.
N. E. Edgerton, Chairman of Board (ex-officio).

Respectfully submitted,

Lois Foote Stanford, M.D., Chairman

INTRODUCTION

We realize that in this report we are offering a high ideal. We are fully ware that it is impossible for many of the recommendations to be carried out until fter the war is over. However, we feel that the plans should be made now. Also, here are many things which can be done, or at least started, now. We therefore wish o submit the following report:

RECOMMENDATIONS

Of The

Committee on Improving the Care and Treatment of Patients

Of The

North Carolina State Hospitals Board of Control

This committee, having given these matters careful consideration, makes the following recommendations:

I. Improvements and additions to physical plants with special reference to -

A. Sanitary facilities, screening, control of pests, etc.
B. Facilities for preparing and serving food.
C. Canneries.
D. Indoor recreational facilities.
E. Outdoor recreational facilities (porches, courtyards, playing fields.)
F. Occupational Therapy: workshops, arts and crafts, sewing, etc.
G. Physiotherapy, including hydrotherapy.
H. Clinical and pathological laboratories.
I. X-Ray departments.
J. Drug rooms.
K. Offices and examining rooms for medical services.
L. Record rooms.
M. Reception departments.
N. Infirmaries.
O. Libraries.
P. Living quarters for staff and attendants.
Q. Medical libraries.
R. Dental offices.
S. Social service departments.

II. Construction of new buildings to supplant those incapable of being repaired and to enlarge the capacity of the institutions.

We realize that the above facilities are chiefly the concern of the Building Committee, but since the proper care and treatment of the patients is impossible without adequate facilities, it is necessary to mention them in this report.

We further recommend: -

III. Necessary equipment for the above-mentioned improvements and additions to the physical plant, and also -

A. More furniture: chairs, tables, magazine racks, bureaus, etc.
B. Where indicated (for less disturbed patients) improvement in surroundings by the addition of window curtains, pictures, rugs, plants and flowers; nicer clothing; radios.
C. Access for patients to barber and hairdresser service.
D. Libraries supplied with books and magazines.
E. Improved lighting facilities for those wanting to read.

IV. The appointment or selection of an Auxiliary Board or Women's Board for each institution to have special regard for the above-mentioned improvements in comfort and esthetic surroundings of the patients.

This Committee further recommends: -

V. More adequate personnel for the institutions and higher salaries (in most cases):

A. The employment, as soon as possible, of an average of one attendant for every ten patients. These male and female attendants should receive formal instruction in their duties and receive a certificate or some form of recognition on completing their instruction, with the hope of raising the standard of this type of personnel, who are in constant contact with the patients and upon whom the comfort and often the welfare of the patients largely depends. These attendants should receive salaries commensurate with the responsibilities placed upon them.

B. An increase in the number of graduate nurses employed, as soon as possible. Establishment of an accredited nurses training school at Morganton, and at Goldsboro if feasable. (Raleigh already has a nurses training school and cadet corps.)

C. Recreational directors for male and female patients; this position might be combined with that of Chaplain.

D. Occupational therapy directors.

E. Teachers: additional, when needed at the institutions for mentally deficient children, and a teacher for the children in the epileptic colony at Raleigh.

F. Laboratory technicians.

G. Dieticians.

H. Pharmacists.

I. Psychiatric case workers.

J. Resident dentists, one for each 1,000 patients. In this connection, we refer you to the recommendations of the committee on Dentistry of this Board. The employment of two dental hygienists is recommended.

K. A consulting staff of well qualified physicians and dentists in the following specialties for each hospital:

1. Internist.
2. General Surgeon.
3. Pathologist.
4. Diseases of the eye, ear, nose and throat.
5. Radiologist.
6. Organic neurologist.
7. Dentist.

Provisions should be made for satisfactory remuneration of these consultants.

L. When certain standards are met, it will be possible to have these hospitals approved for residencies in Psychiatry (for young doctors who have had a general internship and wish to specialize in Psychiatry). This will help with the problem of adequate professional staff, and also train physicians in this specialty for the state. This is a service the state institutions should give and receive.

M. Vacancies in the professional staff should be filled as soon as possible. An increase in salaries would help materially in procuring well-qualified physicians. There should be one physician for every 200 patients.

N. All persons employed at the institutions should be subordinate to the superintendent and subject to removal by him if they fail to discharge their duties.

We also recommend: -

VI. Improvements in treatment as follows:

A. Admission examinations, to consist of a history, physical examination, blood count, urinalysis, Wassermann, tuberculin test and x-ray of chest, to be given within a few days after admission.

B. Adequate medical records and case histories. More clerical help where necessary to keep these up to standard.

C. A medical check of each patient every year, including blood count and urinalysis.

D. Dental inspection of every patient once a year.

E. Psychotherapy, when indicated.

F. Shock therapy, when indicated.

G. Venereal disease treatment, when indicated.

H. Minimum use of solitary confinement in accordance with modern methods of handling the violently insane.

I. Careful classification of patients.

We recommend: -

VII. Use of these institutions in teaching programs: -

A. For approved medical schools: -

1. We recommend the affiliation of the state institutions for mental disease with the department of Pathology of the University of North Carolina, and with the Pathology Departments of the other medical schools in the state if they desire it; the departments of Pathology to give consultation service and facilities for post-graduate training, and the institutions to provide clinical and anatomical material for the training of medical students. This co-operation could be gradually expanded and later include the training of personnel, especially when the medical center is in operation. A full-time or part-time pathologist should be secured for our institutions, and the hospitals could offer residencies in Pathology as part of the training of physicians desiring to specialize in Pathology. This would be mutually advantageous to the institutions and the medical schools. In this connection, we recommend the securing of post-mortem examinations on patients deceased at the state institutions whenever possible. This is one of the most helpful procedures looking toward the improved treatment of similar cases that we have, and the percentage of autopsy examinations is used by the American Medical Association in rating and approving hospitals for internships and residencies.

2. We recommend the affiliation of the Raleigh Institution with the graduate school division of Public Welfare and Social Work of the University of North Carolina, for the training of psychiatric Social Workers. These trained workers are badly needed by the state. The provision of a Social Service Department at Raleigh, with a trained and qualified person in charge, would enable the students to get their practical training at the institution, which training is a prerequisite to a degree in this work; and they would at the same time be rendering a valuable service to the hospital, such as taking case histories, investigating home conditions, keeping relatives informed, helping them to adjust themselves to the patient's illness, etc. Such an arrangement could be made by the other institutions also, in all probability, if thought desirable. Provision for the salaries of qualified case workers should be made.

B. For post-graduate instruction: -

1. Clinics, put on by the staff for groups of other physicians and medical society meetings.

2. Outstanding psychiatrists to come to one of the institutions every year or two for a two or three day symposium, with the needs of the assistant staff doctors of the institutions especially in mind.

3. Adequate medical libraries.

We further recommend that: -

VIII. The Superintendents to go to psychiatric centers for one or two weeks every year for post-graduate study.

IX. This committee endorses the recommendations made by the Governor to the Board of Trustees of the University of North Carolina for the establishment of a Medical Center, and we would especially like to see a psychiatric unit established. Such a unit could serve as a clearing-house for mental patients, and a short-term treatment center, and would give opportunities for post-graduate study to the staff members of the present institutions, who could "rotate" through the Central Psychiatric Institute. The Institute would also help to train other personnel for the institutions.

X. We recommend the establishment of a central unit for the treatment of the mentally affected patients who also have tuberculosis, in a location where provision for both psychiatric and tuberculosis treatment can be provided. (This could be done with a new building on the Morganton Campus with consultants from the State Tuberculosis Sanitarium at Black Mountain.)

XI. This committee notes with approval the appointment by the Governor of a Commission to study facilities for the care and treatment of the colored mentally deficient, for whom no separate institution is at present provided. We recommend that such an institution be provided, similar to the Caswell Training School for White patients.

XII. This committee recommends the establishment as soon as practicable of mental hygiene clinics at each of the four institutions and in the larger cities of the state. There should also be traveling clinics for the rural areas.

Conclusion: -

We do not mean to say that our state hospitals for mental disease do not, at present, have many of the facilities listed in this report; but in some cases they are lacking and in many others very inadequate; the inadequacies should be corrected and the general improvements and expansion continued.

We notice that we are being asked to care for more senile patients than before due to the increased longivity of the general population and the breaking up of homes and absence of the homekeeper in war work. Provision should be made for these purely custodial cases in local units, such as county or district homes, rather than in our hospitals for the mentally ill.

The State of North Carolina is not a poor or backward state. She is a leader in many endeavors. We would like to see our state mental institutions brought up to the standards maintained in many other states. We have improved a great deal in this respect, especially recently, but we are still too far down in the list. These institutions still need substantial sums spent on them; and the whole program, to be adequately maintained, should have continued and additional support. Great advances have been made in modern medicine in the treatment of mental disease. Our institutions should more and more become hospitals in the true sense of the word, rather than mere buildings for custodial care.

Emphasis should also shift toward the <u>prevention</u> of mental illness. The mental hygiene program and out-patient clinics are a very important part of this program. They would be increasingly helpful as more of the nerve-strained young veterans of this war return to the state. We owe it to them to make provision for any service we are able to render.

Lois Foote Stanford, M.D., Chairman.
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R. H. Crawford, M. D.
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C. C. Poindexter, D.D.S.
Carl V. Reynolds, M. D.
Mr. N. E. Edgerton, Chairman of Board (ex-officio).

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-ANNUAL REPORT-

Committee on Standards and Policies
of the
State Hospitals Board of Control

July 1944

The Standards and Policies Committee recognizes as its functions:

1. To determine upon what authority to base recommendations

   Resources - 1. Survey of Mental Health in N. C. made in 1936 is the only local study.
   2. The American Psychiatric Association Committee on Standards and Policies.
   3. National Mental Hygiene Society.
   4. U. S. Public Health Service, Mental Hospital Division.

2. To keep informed as to present day practices and best recognized standards.

3. To keep before the Board the needs and economies of a long range program.

The Committee recognizes the fact that its duties require research of a technically professional nature and accepts the Survey of Mental Health in N. C. which includes the present requirements of the American Psychiatric Association's Standards and Policies, as the basis of authority. The Committee also recognizes that in the absence of the General Superintendent there is need of consideration and study of successful practices in other places and has recommended the employment of an expert in the field to advise with the Board in this critical period of future planning.

Mrs. Andrew Blair, Chairman

Members:
Mr. J. D. Barbour
Mr. L. L. Oettinger
Dr. Wingate Johnson
Dr. C. C. Poindexter

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-ANNUAL REPORT-

Committee on Relation to the Welfare Department
of the
State Hospitals Board of Control
July 1944

The State Board of Charities and Public Welfare has for years been the only state-wide agency with a program in psychiatric service, outside of the hospitalization of the mentally ill. Therefore with the setting up and functioning of the State Hospitals Board of Control, it may develop that certain functions now being performed by the Department of Public Welfare may logically become responsibilities of the Hospitals Board of Control.

It is the purpose of this Committee to survey this field and the laws governing it, and with the State Board of Charities and Public Welfare draw the lines of division of responsibility so that there will be a well laid plan of cooperation without duplication of effort.

Through the kindness of the Commissioner of Public Welfare, the recommendations of Dr. James Watson, who was Director of the Division of Mental Hygiene of the State Board of Charities and Public Welfare, are before the Committee for consideration.

On May 10th the Committee recommended to the Board of Control and the action was approved, that the State Board of Charities be requested formally to continue insofar as possible the duties of its Division of Mental Hygiene, until such time as the General Superintendent of the Hospitals Board is in office and can consider the problems presented with the new Commissioner of Public Welfare, this Committee and representatives of the State Board of Charities.

Upon the direction of the Chairman your Committee considered the problem of the large number of applications for admission of senile patients. The following is a report of a meeting held July 10th. While there seemed to be no immediate remedy for this situation, psychiatric social service in the Hospitals and understanding and increased cooperation on the part of County Welfare Departments, it is believed will lessen the number of admissions to some extent and make it possible to probate and discharge patients earlier to the supervision of social service.

Admissions -

A number of causes of the preponderance of applications for senile patients were recognized.

It was the opinion of the group that age of the patient should not be the determining factor in admission.

Patients unable to adjust themselves in their homes, in private homes or other community resources should be admitted. The decision when admission must be limited, as to which cases to admit should be based upon the best judgment possible of those most in need.

Discharges -

1. Veterans for whom eligibility can be proven should be transferred to Veterans' Hospitals.
2. Patients who are residents of other states should be transferred to Veterans' Hospitals.
3. Raleigh and Morganton should not care for the mentally defective.
4. Departments of Public Welfare should assume supervision of patients that could be released under supervision.

Methods to more accurately estimate the need of admission -

Dr. Winston, Commissioner of Public Welfare, stated that it is understandable that the greater number of patients in State Hospitals are known to Welfare Departments.

Dr. Winston accepted as the responsibility of Welfare Departments the care of the aged not in need of hospitalization. When the Hospital can release patients medically the Department of Public Welfare is then responsible for their care.

County Superintendents of Public Welfare are now being called into a series of annual conferences. The problem of the mentally ill and Department of Public Welfare responsibilities and cooperation with State Hospitals is under discussion. When the conferences have covered all Counties, Dr. Winston suggests meeting with the Superintendents of the Hospitals to plan further upon the details of cooperation.

The immediate establishment of Psychiatric Social Service in the Hospitals was deemed the most practical method of assistance in alearing this problem of admission and discharge, to work with County Welfare Departments and community social work agencies. Dr. Winston cited here the need of clearing policies in all Hospitals with the State Department of Public Welfare.

Cooperation on the part of D. P. W. -

1. Social case work with patients on probation and discharged.
2. State Board of Charities maintains service on legal settlement, which Dr. Winston offers as assistance in establishing legal residents of patients.
3. Close cooperation between County Departments of Public Welfare and Clerks of the Court was cited as an aid in establishing need of hospitalization. D.P.W. will cooperate in furnishing professional case work investigations as to this need and financial investigations as to ability to pay when requests are made for this service.

Dr. Winston considered favorably the request of Dr. Saunders that the State Board of Charities lend to the Hospitals a Psychiatric Social Worker in this emergency, but urged the appointment of permanent workers as more satisfactory. She will assist in finding workers whom she can recommend. The need for funds for transportation was noted and the fact that if the Departments are to be effective it will be necessary to add to the Staff and supply sufficient funds for hoarding care of patients.

Cooperation on the part of Hospitals -

1. The Superintendents were asked to furnish the individual counties a list of patients in the Hospital as soon as possible for an immediate working basis, and thereafter annually, preferably January 1st.
2. Notification to the individual County Welfare Departments of the release of patients as long in advance as possible (several weeks) with recommendations as to their specific needs on return to their communities. When it is advisable to lessen travel to, to release a patient to his family when visiting, notification should go to the County Superintendent of Public Welfare immediately. It is requested that notices and inquiries be in letters rather than on postal cards, to avoid undue publicity. And further it is requested that the relative or person to whom the patient is sent be notified that the County Superintendent of Public Welfare has supervisory responsibility.

Generalizations -

There are no immediate cure-all remedies to recommend. Mental illness is increasing and hospital facilities need to be increased.

It is more necessary in the present interim and emergency to discharge to the proper supervision all patients who are not clearly patients for the institutions, and to establish all possible departments of treatment not now existing to speed recovery and social adjustment of patients who can carry their own weight, fully or partially, outside the Hospital.

Establishment of Psychiatric Social Service with a Director to effect the discharge of patients recommended for release by the Medical Staff, to assist in obtaining information upon which to judge the need of admission, the Department should be enlarged as soon as possible to broaden the service to physicians and patients and develop a boarding care program in conjunction with out-patient clinics to be established.

Hydrotherapy was urged by the physicians.

Occupational Therapy as curative treatment.
Recreational Department.

The group expressed to Dr. Winston deep appreciation for her cooperation and helpfulness. We are desirous of planning further on the details of cooperation and feel that with Psychiatric Social Service, in a reasonable length of time, the effect of increased cooperation will be felt in the admission and discharge of patients in the Hospitals.

Mrs. Andrew Blair, Chairman

Members:
Dr. R. H. Crawford
Dr. C. V. Reynolds

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COMMITTEE REPORT ON DENTISTRY AND

ITS RELATION TO MENTAL PATIENTS

Be it resolved by the North Carolina Hospitals Board of Control at its regular meeting in the city of Raleigh on the 29th of September 1943.

1. That each hospital under control of this board have and maintain a complete dental office and this office be provided with a reception room separate and apart from the operating room.

2. That the hospital dentist shall be appointed by the Superintendent subject to the approval of the Board of Control. He shall be a member of the North Carolina Dental Society and attend its meetings or other clinics regularly enough to progress with his profession. He shall be a man of recognized ability and of such character and personality as to understand the patients and work harmoniously with them. He shall be held responsible for the custody and economical use of all equipment and supplies.

3. That full mouth X-Rays and thorough examination of the teeth and all soft tissues of the mouth be made of each patient as soon as practical after admittance; to be followed with general routine examination at least once a year.

4. That a unified system of records be established and all examinations recorded that would permit an evaluation on the dental services and their relation to the general treatment in the hospital and to the improvement of the patient.

5. That since the needs of the patients of the hospital should require every working hour of the dental personnel, it is suggested that no service other than emergency or temporary relief be performed by the dentist for an employee of the hospital or for any one except bonified inmates of the institution. When called upon, he shall respond to any emergencies of the hospital patients.

6. That the dentist attend the regular staff conference of the hospital that he may keep himself better informed of the relationship that exists between foci of infection, general disturbances and psychopathology.

7. That the dentist prepare or have prepared and submit a monthly report, covering all phases of his work to the Superintendent, a quarterly report to Superintendent and Executive Committee of the hospital and a yearly report to Superintendent and Board of Control.

C. C. Poindexter, D.D.S., Chairman

Members:
Mrs. Andrew Blair
Dr. H. M. Baker

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COMMITTEE REPORT ON BUILDING AND EQUIPMENT

Your committee has made a fairly careful personal survey of the four institutions in an effort to determine the various needs. Beyond the routine maintenance of the properties, building activity, on account of a scarcity of building material as well as a dearth of skilled labor, has been limited to emergency requirements.

Caswell Training School

A topographical survey was made and a map is being prepared to assist the architect in laying out new buildings.

Goldsboro Hospital

No permanent improvement.

State Hospital, Dix Hill

The Brown Building was renovated. The floors and partitions were rebuilt and some new fixtures installed. Cost about $20,000.00. The Main Kitchen is now under general renovation, a new elevator is being installed and the cold storage facilities are being enlarged and improved. On the Main Building it was necessary to go into extensive repairs. The roof and parapet walls had to be rebuilt. On a number of other buildings new tile floors have been laid and roofs have been rebuilt.

State Hospital, Morganton

There has been little of permanent improvement, but we have undertaken to maintain the present buildings as well as possible.

During the year your Committee recommended and the General Board elected the various firms as architects and engineers to prepare plans for the enlargement of each institution.

For The Caswell Training School, Mr. Eric Flannagan, Henderson, N. C.
For The State Hospital, Dix Hill, Northup and O'Brian, Winston-Salem, N. C.
For the State Hospital at Morganton, Walter W. Hook, Charlotte, N. C.
For special work at the Morganton Hospital, C. C. Benton, Wilson, N. C.
For the State Hospital at Goldsboro, Atwood and Weeks, Durham, N. C.
As general engineers for all the institutions, Wiley and Wilson, Lynchburg, Virginia.

Your Committee recommended to the General Board that the several institutions be enlarged as follows:

CASWELL TRAINING SCHOOL be enlarged to a capacity for 2,500 patients.
THE GOLDSBORO HOSPITAL be enlarged by space for 300 additional patients.
THE RALEIGH HOSPITAL be enlarged by space for 1,500 additional patients.
THE MORGANTON HOSPITAL be enlarged to take care of an additional 1,000 patients.

No new equipment has been available and we have not considered the needs in this respect.

J. Dwight Barbour, Chairman

Members:
Mrs. W. R. Stanford
Mr. C. Wayland Spruill
Mr. Harry L. Riddle
Dr. H. M. Baker

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STATE HOSPITAL AT MORGANTON

SUPERINTENDENT'S ANNUAL REPORT

I wish it were possible for me in this report to tell you that much progress has been made in the treatment of the mentally sick here in Morganton, but since all of you are familiar with the many difficulties that we have been laboring under for the past year, I believe you will all agree that we have been fortunate to function as we have. I hope that no one will form the idea that the present emergency has caused us to become indifferent to our needs for on the contrary we are keenly aware of the many improvements that are necessary and we are eagerly awaiting the day when this terrible war will be over and it will be possible for us to go forward in a mighty crusade that will bring about the betterment of conditions, especially as related to the treatment of the mentally ill here at the State Hospital at Morganton.

In my opinion the year that has just closed has been one of the most difficult and trying that the State Hospital at Morganton has ever witnessed and I feel that appropriate recognition should be given to the Medical Staff and the other faithful employees of this institution for the fine spirit of cooperation that they have shown during the past year. With a feeling that it was their patriotic duty most everyone here has performed tasks that would have required the services of two or three people in normal times. It is with a deep sense of appreciation that I bring this again to your attention.

I think you will agree with me that despite our wishes to better conditions here at Morganton the present emergency has retarded our efforts to such a point that we are probably no better off than we were at the onset of the war. I am fearful that the patients have derived very few additional benefits from the increased appropriation that was allowed by the last legislature. Should we be fortunate enough to obtain an adequate appropriation during the next legislature, I am convinced that much thought and consideration should be given to the manner in which it is to be spent in order that the patients can derive the greatest amount of benefit from it.

During the past year we were able to secure the services of Dr. Louis G. Beall and Dr. Robert J. Murphy. Dr. Beall for many years was owner and director of a private mental institution in Black Mountain, N. C. Dr. Murphy had had two years experience at the State Hospital in Goldsboro, N. C. I feel that we were quite fortunate to be able to add these two men to our Medical Staff.

On June 6, 1944 Dr. John McCampbell, who had been employed as an Assistant Physician for the past year, asked for an indefinite leave of absence on account of his health. The Executive Committee at their regular meeting June 20, 1944 officially granted this request.

Dr. McCampbell leaving the Hospital has naturally added to the patient load that each member of the staff has to carry. The following is the patient load now carried by the Medical Staff:

Dr. Saunders	352
Dr. Brown	536
Dr. Murphy	552
Dr. McLean	477
Dr. Beall	697
Dr. McFadyen	96

During the past year there was some adjustment of salaries for the Medical Staff but I feel that it was quite inadequate and unless the salaries for the Medical Staff are brought in line with the income received by physicians outside of the Hospital I am sure we will have quite a difficult time obtaining and keeping doctors after the war.

The salaries of both the male and female attendants were increased during the last year. What seems to have been a very satisfactory arrangement, was the adjustment of the salaries of the female attendants whereby there is not as much discrepancy between the salaries of the male and female attendants as there formerly was. I still believe if we are to obtain competent attendants the initial base pay should be at least $75.00 per month.

In my June 1944 report to the Executive Committee of this institution, I stated that the male and female attendant situation was better and seemed more stable than it had for several months. On July 1, 1944 we had more attendants on the wards than we had had for sometime. This was especially true of the female attendants. We of course still have some turnover but it is certainly not as great as it was at one time. I am giving you below a table showing the total number of attendants that we now have, the total that we have employed each month and the number that left the Hospital each month during the past year.

Number of male attendants July 1, 1943	91
Number of male attendants June 30, 1944	96
Number of male attendants left since July 1, 1943	104
Number of male attendants employed since July 1, 1943	109

Month	No. Left	No. Employed
July 1943	9	12
August 1943	11	6
September 1943	2	5
October 1943	8	11
November 1943	11	8
December 1943	13	8

Month	No. Left	No. Employed
January 1944	4	11
February 1944	13	10
March 1944	13	4
April 1944	9	14
May 1944	4	12
June 1944	7	8
	104	109

FEMALE ATTENDANTS EMPLOYED		FEMALE ATTENDANTS LEFT HOSPITAL	
July 1, 1943	14	July 1, 1943	7
August 1943	11	August 1943	19
September 1943	3	September 1943	5
October 1943	3	October 1943	8
November 1943	8	November 1943	7
December 1943	6	December 1943	5
January 1, 1944	14	January 1, 1944	8
February 1944	7	February 1944	9
March 1944	4	March 1944	4
April 1944	6	April 1944	6
May 1944	15	May 1944	6
June 1944	11	June 1944	4
Total	102	Total	91

Left Hospital		
July 1943	7	Illustrates turnover first two months and last two months of biennium 1943 & 1944
August 1943	19	
Total	26	
May 1944	6	
June 1944	4	
Total	10	

Number of Female Attendants July 1, 1943	48
Number of Female Attendants June 30, 1944	60

One of the most pressing problems that seems to be confronting us at the present time is the lack of space to take care of the many patients who are now seeking admission to this institution. It seems unfortunate that so many of these applications are for senile patients. For the past several months we have urged the various counties to attempt to care for this type of patient by some means in their respective counties in order that we could use what few vacancies we now have for the acute cases. In spite of this we have had to admit many senile cases as you will see from the table given below. In addition I will give a table showing the movement of our population by sex, and a total gain in population of 64. It is interesting to note that 120 of our admissions were 60 years of age and over even though we did not admit 53 patients of this age group who asked for admission. I think this fully illustrates the serious problem the matter of admitting senile patients is getting to be.

ADMISSIONS BY AGE

Under 15 years	4
15 to 19	28
20 to 29	120
30 to 39	155
40 to 49	122
50 to 59	95
60 to 69	72
70 to 79	37
80 and over	11
Age Unknown	8
Total	652

53 Patients 60 years of age and over not admitted

MOVEMENT OF POPULATION BY SEX

	Male	Female	Total	Gain
In House by:				
First Admissions	298	354		
Returned Probationers	102	147		
Returned Elopers	60	12		
Total	460	513	973	
Out of House by:				
Probation	241	363		
Elopement	85	14		
Deaths	99	75		
Transfers	3	19		
Total	428	481	909	
				64
In House June 30, 1944	1303	1405	2708	
Vacancies " " "	24	11	35	

Although the Medical Staff has carried a tremendous patient load during the past year, I am sure a sincere effort has been made to carry on the work as efficiently as possible in this respect. A complete mental and physical examination has been made on every patient that has been admitted to this hospital. A table showing the work that has been done by the laboratory and dental departments, which will be given below, will show that these two departments have been active and have greatly assisted the Medical Staff throughout the entire year. We continue to administer Metrazol shock therapy to selected cases and I hope it will be possible before very long to again use electric shock therapy. During the past year we administered approximately 600 individual injections of Metrazol. When possible all of our paretics were given malaria therapy. Occupational therapy has been carried on on a small scale. Entertainment has been provided for a good number of our patients. A moving picture was shown once a week. Several dances were held and a barbecue was held in the Watkins Park in May for approximately 400 patients. The most modern drugs that are used in the treatment of physical ailments have been available for all of our patients and the following surgical operations have been performed:

OPERATIONS	NUMBER
Hemorrhoidectomy	2
Suspension Prolapse Uterus	1
Insertion Smith Peterson Nail in Fracture of Hip	15
Left Arm Amputated - Gangrene of Hand	1
Fatty Tumore Removed from Left Leg	1
Cyst Removed from Scalp	1

OPERATIONS	NUMBER
Ruptured Peptic Ulcer	1
Empyema Gall Bladder	1
Fatty Tumore Removed from Left Shoulder	1
Strangulated Hernia	1
Prolapse Rectum	1
Double Hernia	2
Breast Amputation	1
Amputation Left Leg	2
Amputation of Left Foot	1
Hernia Operation (1 side)	1
Removal of Gall Bladder	1
Cyst Removed from Finger	1

Deliveries - 3

LABORATORY REPORT

Wassermanns	1423
Urinalysis	852
Bromides	641
C. B. C.	746
WBC & Diff.	53
RBC & Hgb.	22
Hemoglobin	103
R. B. C. & W.B.C.	29
Smears	191
Colloidal Gold	217
Blood Sugars	38
Feces	31
Sedimentation	15
B. M. R.	47
Gastric Analyses	13
Icterus Index	9
Blood Typing	56
Cross Matching	52
Coagulation Time	27
Platelet Count	3
Rect. Count	5
Blood Cultures	13
Diff. & Hgb.	5
Fragility Test	9
Sputum	39
Tuberculins	5
Wiedal Test	2

NUMBER OF X-RAYS MADE

July 1943	54
Aug. 1943	50
Sept. 1943	88
Oct. 1943	48
Nov. 1943	50
Dec. 1943	44
Jan. 1944	74

NUMBER OF X-RAYS MADE (Continued)

Feb. 1944	60
Mar. 1944	60
Apr. 1944	70
May 1944	92
June 1944	74
Total	764

DENTAL REPORT

Examinations	
Office Examinations	271
New Patients	322
No. Patients Examined on Wards	1813
Total	2406
X-Rays	
Intra-Oral (Single Pictures)	2787
Extra-Oral (Large Pictures)	12
Total	2799
Treatments	
Prophylaxis	342
Vincent's Treatments	592
Other Treatments	339
Total	1273
Exodontia	
Extractions	1595
Fillings	
Amalgam	176
Porcelain	58
Total	234
Replacements	
Dentures or Partials - Upper or Lower	38
Repairs	28
Total	66
Oral Surgery	
Fractured Mandibles Reduced	3

It is the policy of the Dental Department to examine all new patients as soon as it is possible to get them to the Dental Office; however, this cannot be done 100% due to the fact that so many patients are unable, physically or mentally, to go to the dental office.

The procedure is to take full-mouth X-Rays of all new patients when feasible, and when necessary remove all infected or abscessed teeth and clear up all foci of infection as best we can, fill all cavities and get mouth in a healthy condition. Furthermore, it is our policy to make examinations of all other patients, as far as possible, and put their mouths into as health a condition as we can under existing circumstances. Due to the large number of patients and shortage of attendants and nurses to bring patients to the office we have not been able to do as much as we would like along these lines.

During the year we have had a rather severe epidemic of Vincent's Infection. Our treatments were immediately started. We consulted some of the leading nationally known dental specialists in diseases of the mouth. Dr. J. A. Sinclair of Asheville, N. C. was consulted and he made several trips to our institution, and under his direction we ran a controlled treatment based on Vitamin Deficiency. In our opinion, this was not the chief cause, but in some cases this did help.

Drs. S. H. Steelman of Lincolnton, W. H. Parker of Valdese and Ralph Coffey of Morganton have been very cooperative with the Dental Department during the past year when called upon for consultation and assistance.

The barber shop for men that was recommended in my report on October 15th, after many months of delay due to priorities, is nearing completion and I hope it will soon be in operation.

The very fine library founded by Dr. F. B. Watkins is enjoyed by many of our patients. Due to the shortage of help we have not been able to make this department of the hospital available to as many patients as we would like to.

Several new medical books have been added to the medical library and are now available to the Medical Staff.

For the past several weeks, Dr. G. M. Billings, an eye, ear, nose and throat specialist from the town of Morganton, has been spending one-half a day each week here at the hospital for the purpose of examining and treating any of our patients suffering with eye, ear, nose and throat ailments. Under the direction of Dr. Billings, new and modern equipment for this type of work was purchased and office space was provided for its installation.

We are especially grateful also to other members of our Visiting and Consulting Staff. Dr. Yates Palmer of Valdese and Dr. L. A. Crowell of Lincolnton have responded unhesitatingly each time that we have called on them. I would like to mention especially the fifteen fractured hips that have been treated surgically by Dr. Palmer by inserting Smith Peterson bone nails.

I do not wish to close this report without calling to your attention again very briefly the various recommendations that I made in my October 15, 1943 report to the Executive Committee of this institution. The following are the recommendations that were made and I hope all of them can eventually be carried out:

1. Increase in Medical Staff to meet American Psychiatric Association standards.
2. Increase in Salaries of Doctors
3. Employment of Adequate number of Nurses and Attendants
4. Increase in Salaries of Attendants
5. Frequent Visits to Other Institutions and Psychiatric Centers by the Superintendent of the Hospital and Members of the Medical Staff
6. Purchase of Books for the Medical Library
7. Barber Shop for Men & Beauty Parlor for Women
8. Chaplain & Recreational Director
   (Possible Combination of These Two Positions)
9. Establishment of Occupational Therapy Department under Direction of Well Trained and Competent Occupational Therapist
10. Establishment of Hydrotherapy Department under Direction of Competent Hydrotherapist

11. Employment of Adequate Number of Psychiatric Case Workers to Provide for the Needs of this Institution
12. Establishment of Nurses Training School
13. Affiliation with One of the Medical Schools of the State
14. The Purchase of Adequate and Modern Equipment for the Treatment of our Patients
15. Erection of New Buildings to Adequately House our Rapid Increase in Population
16. New Tubercular Building for Our Tubercular Patients
17. Erection of Adequate Housing Facilities for Our Medical Staff and Other Employees of the Hospital

In closing I wish to again thank this Board for the many courtesies that have been shown me. I assure you it is my desire to cooperate in every way possible to make this one of the best mental institutions in the entire country.

J. R. Saunders, Superintendent.

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STATE HOSPITAL AT RALEIGH
RALEIGH, NORTH CAROLINA

ANNUAL REPORT OF THE SUPERINTENDENT FOR THE YEAR ENDING

June 30, 1944

I have the honor to submit the following report with reference to the activities of the State Hospital at Raleigh.

With reference to the Medical Service, this department has carried on in a fairly satisfactory manner, although we have been particularly handicapped during the past year, by the lack of qualified physicians. However, within the past few months this situation has shown some improvement, and lately we were able to secure the services of two additional doctors, Dr. Emil Boehm, and Dr. Leslie H. Dunham, both of whom have had considerable psychiatric experience, and thus far seem to be quite satisfactory.

In accordance with our usual custom, each patient upon admission to the hospital is given a thorough physical and mental examination, and the essential laboratory work is immediately done.

Staff meetings during the past year have been held five days a week instead of three, as was our custom previously. At our staff conferences, patients are presented before the doctors for the purpose of study, and at that time a diagnosis is made, and treatment suggested and afterwards put into effect.

Unfortunately, it has been necessary to curtail certain activities in connection with our intensive treatment program, but within recent weeks we have been able to institute shock therapy on a much larger scale than formerly. We are attempting at this time to increase our occupational therapy work so that every patient in the institution who is able to, may have the advantage of this type of endeavor. During the year covered by this report, we have enlarged our occupational therapy department by instituting a division for male patients, and we hope as time goes on that this phase of the work may be extended to more and more male patients. It should perhaps be mentioned in this connection that we have reason to believe that within

the near future, our equipment for hydrotherapy will be increased, and made modern and up to date. This, of course, is a very important adjunct in psychiatric treatment, and should be used to the fullest extent.

The Royster Medical Center, with a capacity of fifty, is a department maintained for the care of the acute medical and surgical cases which arise among the patients and employees of the institution. This department is under the supervision of a Registered Nurse, and is recognized by the Standardization Board of the American College of Surgeons. It is equipped with an X-Ray machine, fluoroscope, and an electrocardiograph. During the past year we have been fortunate enough to secure an electroencephlographic machine, which is a very important diagnostic aid, especially in cases of convulsive seizures. This department has operated quite satisfactorily, taking into consideration the shortage of help in all departments, and the following is a report of the operations which were performed during the year beginning July 1, 1943, and ending June 30, 1944:

Amputation of right index finger	1
Appendectomies	8
Blood transfusions	12
Chests aspirated	13
Cystoscopes	15
Cauterization of cervix and Hemorrhoidectomy	1
Dilatation and Curretment	3
Deliveries	4
Excision of Sebaceous Cyst	2
Hemorrhoidectomy	6
Hysterectomy	1
Incision and drainage of abdominal abscess	1
Incision and drainage of middle finger, left hand	1
Incision and drainage of right foot	1
Incision and drainage of Ischio-Rectal & para vaginal abscess	1
Laparotomy	3
Leg put in traction	2
Ligation of Fallopian Tubes & Appendectomy (Bilateral)	10
Mastectomy, right	2
Pilonidal cyst removed	2
Paracentesis	4
Plaster paris cast applied	30
Repair of prolapse rectum	1
Removal of great toe nail, left	1
Repair of laceration on abdomen, forehead, jaw and both arms	1
Repair of forehead (6 sutures taken)	1
Tonsillectomy	16
Vasectomy	3
Total	146
Electrocardiographs	20

I am glad to report that our school of nursing continues to maintain an A-grade rating by the National League of Nursing Education, and during the past year considerable improvements were made, and noticeable additions were made to our equipment for more adequate teaching.

On July 1, 1943, Mrs. Gertrude Pitchford, R. N., was appointed Nursing Arts instructor. This appointment did a great deal in furnishing better instruction to the student nurses.

The School became a member of the United States Cadet Nurse Corps on September 12, 1943. Since that time the number of students has increased more than 60 per cent. Our enrollment is now forty.

The following equipment was added to the teaching facilities in 1943:

A new demonstration class room was opened, offering more space and teaching facilities. Equipment complete to give adequate instruction.

A new chemistry laboratory completely equipped to accommodate 20 students was opened November 1943. This is used exclusively for teaching purposes by the school.

A Nurse Reference Library was set up in Anderson Hall. All books were classified according to the Dewey Decimal Classification. A card catalog which includes Author, Title, and Subject heads. Also a Shelf List file which is a record of books owned by the school. At present we have 1165 volumes catalogued. The library is open to the entire hospital personnel at appointed hours.

A Diet Laboratory equipped for twenty students was established in the spring of 1944. Due to war conditions we have not been able to get adequate electrical equipment, but these items have been ordered.

Other new classroom equipment added: 7 microscopes, 1 mounted human skeleton, 1 infant chase doll, 1 adult chase doll, 1 set anatomical charts, 11 stereoscopes, 2 lantern slides and opaque projectors, 3 blackboards on stands, 1 screen on tripod, complete equipment for bacteriology and anatomy laboratories, 12 desk chairs, 100 folding chairs. The majority of this equipment for the school was made possible by the Maintenance Fund paid to the hospital by the United States Cadet Nurse Corps, which was set up as a separate fund for the school.

We are glad to report that recently arrangements have been made by the hospital, with the approval of the Executive Committee, to accept affiliates for three months experience in Psychiatric Nursing. We believe that this plan will be beneficial, not only to the student, but will offer better and more abundant nursing care for our patients.

Religious services have been held during the past year each Sunday morning at 8:30 in our Chapel, by five ministers of this immediate community, and during this time there were at least four denominations represented. This seems to be an excellent arrangement as far as the patients are concerned, and they have enjoyed the religious activities, and as many of them as possible have attended. Additional services are held at the Edgerton Building for the inebriate department, and religious services for the Criminal Insane are under the direction of the Chaplain of the Prison.

It is regretted to report that during the past year certain of our diversions which our patients were accustomed to had to be curtailed to a certain extent by reason of war conditions and lack of help. However, we still have moving picture shows every Tuesday night, and at frequent intervals entertainment is provided on Friday evenings from local radio talent and other sources. During the winter months dances are held for the benefit of the patients.

It is hoped, and we have reason to believe, that as soon as possible we will have a Director of Physical Education and Amusements, and if so, we will be in better position to offer our patients diversion and entertainment such as they should have from time to time.

Our laboratory work during the past year has suffered to a certain extent because of the lack of trained help, but we feel that in this department we have perhaps done as well as could be reasonably expected, especially taking into consideration that during the latter part of the year we only had one technician. The following is an account of the activities of this department during the year beginning July 1, 1943, and ending June 30, 1944:

URINALYSIS, ROUTINE	1617
BLOOD CHEMISTRIES:	
Sugar	844
Urea	761
Bromide	581
Icterus Index	18
Van den Bergh	6
Sulfathiazole	1
BLOOD WORK:	
Wassermann (State Laboratory)	1242
Counts	1287
Malarial smears	53
Blood typing	23
Cross Matching	15
Undulant fever (State Laboratory)	1
Widal (State Laboratory)	1
Sedimentation Rate	1
Blood Cultures (State Laboratory)	2
BASAL METABOLISM RATE	5
GASTRIC ANALYSIS	4
SPUTUMS	62
FECES	22
SPINAL Fluids with cell count, globulin, colloidal gold, and Wassermann	55
X-RAYS	596
SMEARS:	
Vaginal and urethral	14
Throat	3
Miscellaneous	3
FRAGILITY TEST	1

The following is a report of our Dental Department during the year beginning July 1, 1943, and ending on June 30, 1944:

The following new equipment was purchased from Dr. L. V. Henderson:

1 Ritter Unit, large size
1 Ritter chair
1 Ritter air compressor
1 Dental Cabinet

1 Wait and Bartlett X-Ray machine
1 Dumore lathe
1 Casting machine
1 Operating stool
1 Lot of extracting forceps, elevators, chisels, etc.
1 Sterilizer
1 Lot impression trays
All of his laboratory fixtures

Dental Work:

Extractions	1458
Amalgam fillings	601
Synthetic Porcelain fillings	111
Gold Inlays	4
Gold Crowns	1
Dentures	24
Denture repairs	20
Bridges	9
Bridge repairs	7
Prophylaxis	130
Post operative treatments	9
Gum treatments	450
X-Rays	19
Teeth treated	15
Vincent treatments	5

There has been no improvement in our employment situation other than the Medical Staff. We are still urgently in need of help in all departments, and in this connection I should perhaps mention that the shortage of employees in the departments where the immediate care of the patients is called for has rendered a situation which we feel is dangerous, inasmuch as a great many of our wards are not entirely covered. The only recommendation I can make with reference to the above matter is that a general increase in salaries be authorized, the wage scale to compare with the activities in our immediate community. I should also like to recommend that as soon as possible the 8 hour system be inaugurated, as I feel that this would be beneficial in many ways, both to the hospital and to the employees.

In accordance with the instructions issued by the Board at their last meeting, I have written letters to every Superintendent of Public Welfare in the counties from which we had applications on file, for the purpose of determining the active applicants in each county. Unfortunately, we have not received the cooperation which we expected in this venture, and thus far we have received only 69 replies. These reports indicate that we have 195 applications which are active, 78 of which are for epileptic patients, and if room were available, should be admitted. Inasmuch as we did not receive any report from some of the counties, we assumed the names which we furnished them were not now in need of hospitalization, though we have kept on the list the applications which were received during 1944. The only value of the applications previously mentioned was that it showed over a given period the number of prospective patients who could not, for one reason or another, be admitted.

The following is a report of admission, discharges, and deaths during the year:

Admissions	682
Discharges	999
(Many of these were probated during the previous year.)	
Deaths	170

Number of patients in the hospital on June 30, 1944----------2465.

The following diagnoses were made:

FEMALE FIRST ADMISSIONS:

General Paresis	2
Psychosis with other forms of syphilis of the Central Nervous System	1
Psychosis with Cerebral Arteriosclerosis	25
Psychosis with Convulsive Disorders	3
Senile Psychosis	8
Involutional Psychosis	10
Psychosis with Organic changes of nervous system	3
Psychosis with Psychoneurosis	3
Manic Depressive Psychosis	18
Dementia Praecox	42
Paranoia and Paranoid Condition	2
Psychosis with Psychopathic Personality	1
Psychosis with Mental Deficiency	11
Others undiagnosed & unknown psychosis	1
Epilepsy	22
Mental Deficiency Without Psychosis	5
Alcoholism	14
Drug Addiction	23
Personality disorders due to epidemic encephalitis	1
Psychopathic Personality, Without Psychosis	1
Not Psychotic	4
Total	200

MALE FIRST ADMISSIONS:

General Paresis	14
Alcoholic Psychosis	1
Psychosis with Cerebral Arteriosclerosis	34
Senile Psychosis	9
Involutional Psychosis	6
With Organic Changes of Nervous System	3
Psychosis with Psychoneurosis	2
Manic Depressive Psychosis	10
Paranoia and Paranoid Condition	2
Psychosis with Mental Deficiency	16
Others Undiagnosed and Unknown Psychosis	3
Epilepsy	16
Mental Deficiency Without Psychosis	8
Alcoholism	89
Drug Addiction	31
Personality Disorders due to Epidemic Encephalitis	4
Psychopathic Personality Without Psychosis	3
Not Psychotic	2
Total	282

MALE READMISSIONS:

Psychosis with Cerebral Arteriosclerosis	3
Senile Psychosis	1
Manic Depressive Psychosis	5
Dementia Praecox	9

Psychosis with Mental Deficiency	4
Epilepsy	3
Alcoholism	76
Drug Addiction	43
Personality Disorders due to Epidemic Encephalitis	1
Psychopathic Personality Without Psychosis	1
Total	146

FEMALE READMISSIONS:

Psychosis with Cerebral Arteriosclerosis	1
Involutional Psychosis	2
Manic Depressive Psychosis	8
Dementia Praecox	7
Psychosis with Mental Deficiency	2
Others undiagnosed and unknown Psychosis	1
Mental Deficiency Without Psychosis	1
Alcoholism	5
Drug Addiction	27
Total	54

The following changes were made in the Medical Staff during the past year:

Dr. R. G. Blackwelder was employed on August 9, 1943, As Assistant Superintendent.
Dr. Emil Boehm was employed on April 27, 1944.
Dr. Leslie H. Dunham was employed on June 22, 1944.

I should like to mention at this time a situation which obtains here, and which has been mentioned to our Executive Committee, and this is with reference to needed repairs to our physical equipment. This matter, in my opinion, should be taken care of at the earliest possible moment in order that our patients may have suitable living quarters. Specifically, there is a great amount of painting, plastering, plumbing, and carpenter work which should be done at once. Although this is a small part of our actual needs, it is encouraging to report that the serving and dining rooms for the patients in the Main Building have been renovated, freshly painted, and are quite attractive and serviceable. It is hoped that further work of this kind may be done as soon as possible.

I wish at this time to thank the Board for their cooperation, consideration, and indulgence during the past year, when we have experienced so many difficulties, and it is my promise at this time that every effort will be exerted in the future for the welfare and advancement of the institution.

J. F. Owen, M.D., Superintendent

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CASWELL TRAINING SCHOOL
KINSTON, NORTH CAROLINA

ANNUAL REPORT OF THE SUPERINTENDENT

In spite of labor problems we have completed the paving of superficial drainage system from the executive buildings down to the highway. I had little hope of this accomplishment with the pressing planting season on the farm. The latter too is well advanced and with the wise ruling of the Executive Committee delaying

vacations until September we hope to harvest and successfully can the grown vegetables and berries without waste.

Much to my own gratification we have at last procured the Squills and other materials for a gigantic rat proofing campaign. It is now in progress. Considering the fact that a rat destroys more food every six months than it takes to destroy him, rat proofing is quite economical. The main apprehension we had, however, was the eminent danger of typhus as we are within six miles of an endemic area. With 825 helpless children here this was particularly distressing. The cost and suffering would have been appalling and you can hardly imagine our relief in at last getting the materials and the work started and we hope in time.

Resume of Miss Brown's report:

The Psychological Department:

Number Discharged	7
Number died	4
Total off books	11
Admitted	14
Total on books as of this date	819
Applicants told to come for adm.	6
Number of Cases given Psychological test with consultations & advice	31

All applications in files were examined and tabulated by counties and mentality. A survey of North Carolina counties is being conducted by this department and with the help of the various welfare departments a definite idea of the number of mentally deficient in the state is hoped to be obtained.

Resume of School Report:

The School Department - Enrollment for February and March was 287 and for the month of April has increased to 293. The following departments are in our school: Kindergarten, Pre-Primary, Primary, Intermediate, Advanced, Crafts and Music.

This department has charge of regular Chapel Program every Wednesday and Sunday mornings. On may 3rd, we presented the annual spring program. It was a most enjoyable performance and was well received by the audience. Mrs. Barnes, the principal, urges a full-time physical director and I agree with her fully.

Resume of Hospital Report:

The Hospital Department:

	Feb.	Mar.	April
Total number individual patients in hospital during month	69	76	88
Total number hospital days	1,061	1,319	1,401
Daily average patients in hospital	37	42	46
Total number treated in dispensary during month	125	435	146
Total number treated in daily clinic	663	1,276	586
Total number of nurses	5	6	6
Total number of deaths	0	2	2
Total number patients treated in dental clinic	463	366	222

Resume of Custodial Supervisor:

The Custodial Department:

There are 52 employed in this department and 2 short. There were 14 run-aways during this quarter and all have been returned except one who is with his family. Number of children in the buildings 819 and 6 coming in.

The Supervisor urges a full-time physical director and I fully agree with the idea.

Number of children in buildings---- 819
Number of children going to school- 293
Number of idiots or cripples------- 221
Number of children doing some type
Work---------- 598

W. T. Parrott, M.D., Superintendent

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STATE HOSPITAL AT GOLDSBORO
GOLDSBORO, NORTH CAROLINA

ANNUAL REPORT OF THE SUPERINTENDENT

Our complete report of the activities in the various departments in this hospital with reference to the welfare and care of our patients is being compiled as rapidly as possible by our limited clerical force. As soon as this information is in proper form we shall send a copy to each member of the Board and others concerned.

We have a very hectic year from a help standpoint. The army took many of our best male employees. A considerable number of our best help left for better paying employment. Several of our old reliable employees have stuck by us through all of our vicissitudes.

We raised the salary of our employees one or more times, and it helped our situation some. We had twelve registered nurses, but all but one have left us, mostly to enter Government Service. As might be expected, we have had quite a turn-over among our employees. At times we have had many inefficient attendants. Some were discharged, and some left of their own accord. For the past few weeks we have been getting more and more applicants. Therefore, we hope to be improving the quality as well as the number of our attendants. We have very little hope of securing very much addition to our most depleted nursing staff until war conditions improve. For several months we have made every effort to secure nurses without any success. It does not seem that there are any available.

Our Medical Staff has been at very low ebb most of the year. The assistant physicians of our Staff, as well as the superintendent, have not been paid salaries equal to the other two mental hospitals of this State. This is one reason why we have been chronically short of doctors for several years, and has had something to do with our present situation. We have had some very competent assistant physicians leave us within the past year, and go to one of the other North Carolina State Hospitals to receive a higher salary for the same position. We feel that this is something that the Board of Control should give careful consideration. Most of the

important positions outside of the Medical Staff in this institution, I am happy to say, are all practically equal in salaries to the other hospitals. We are very gratified over this.

As to our patients, we have had no waiting list during the past year, and I have accepted every applicant presented to us. These were all given careful consideration, and everyone admitted was found to be in urgent need of hospitalization. Every time the Sheriff or Clerk of Court of any county stated that he had a violently insane patient in jail, I urged that they be brought here as quickly as possible. I have found that the sooner we get a violently insane patient here under proper treatment, the quicker they become quiet, at least, and the chances for recovery are much greater than if they spend much of any time in jail. We stay about filled up all the time, but our turn-over is high, especially during these war times.

Relatives, and in many cases, accompanied by the man on whose place they live, come to visit the patient and find them moderately improved. They urge that the patient be allowed to return home and help with work on the farm, and state that they will assume all responsibility. We give such cases careful consideration, and on many occasions allow them to go. I am happy to say that a great majority of these do well, according to reports to us from the various Welfare Departments. Where such cases are in need of further treatment for syphilis, as many of them are, we arrange for them to receive such treatment at home. We hope that this procedure meets with the approval of the Board.

In making up our next budget request, we shall stress our need for more buildings for patients, and especially for employees. A great many of our best employees, both white and colored, are married, and we are chronically short of houses for them to live in.

The Committee appointed by the last Legislature to look into the mental deficiency patient situation of this hospital, and their future care and treatment, recently held a meeting at this institution and at Caswell Training School. Their report will undoubtedly be forthcoming in the near future.

In our next budget recommendations, we shall stress the need of hydrotherapy and X-Ray therapy equipment for this institution. We have a fine X-Ray machine, but no equipment for therapy.

We have, heretofore, had very little amusement or entertainment for our patients; one dance of one hour each week during the winter months, and Church and Sunday School are about all the entertainment we have yet provided for. We shall make a request for playground equipment for our courtyards and for a first-class moving picture outfit. We shall also ask for more doctors, nurses, attendants, and a dietician. We shall request other special employees not yet quite decided upon.

The present war conditions make it very hard to decide just what to ask for or to recommend. Perhaps by the time the next Legislature meets, we shall be better able to answer these questions.

F. L. Whelpley, M.D., Superintendent

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NORTH CAROLINA HOSPITALS BOARD OF CONTROL

ANNUAL REPORT

OF

THE GENERAL BUSINESS MANAGER

August 9, 1944

This report will be a review of Management, covering the first year of operation following the organization of the North Carolina Hospitals Board of Control last July 16th, placing the four State Mental Hospitals under a Unified Board. Separate management reports are made by the business managers of each hospital to their executive committees, and those reports will give in detail many of the generalized matters covered herein.

Perhaps a brief review of the scope of work involved should be given before going into a discussion of the various phases of the work. The total population of the four hospitals reaches nearly 9,000 patients and about 1,000 employees, with provision for an additional 200 employees if they should become available during the year.

There are about 200 buildings to maintain and keep in sanitary condition. It requires 25,000 tons of coal for heat, 4 million kw-hrs. for light and power, and 510 million gallons of water, all furnished in great part by our own plants. The power plants, the water plants, the refrigeration plants, the fire protection systems, the sewerage disposal plants all require skilled and experienced employees.

There are 3,882 acres of land in cultivation, including three hundred acres leased land, five hundred acres in pasturage and 3,500 acres water shed and timber land--a total of 9,592 acres owned, having a value of about 1½ million dollars.

The total value of all land and buildings, at the four hospitals, is around 16 million dollars.

Expenditures during the past year for professional care, maintenance and operation was about 2½ million dollars.

The net value of farm and livestock produced was $257,259.00. We have a total of 593 dairy animals, 107 head horses and mules, 2308 head swine and 12,622 poultry birds. We produced 311,687 gallons of milk, 27,305 bushels of corn, 21,751 bushels of small grain, 37,034 dozen eggs, 61,841 pounds of beef, 438,000 pounds of pork, 1,356 tons of hay and great quantities of vegetables and garden truck of all kind to provide an adequate, balanced and sufficiently varied diet for all of our patients.

General Farm Operation

Each of our four hospitals has outstanding farm operation, perhaps as well conducted and planned as any farms in the State. Scientific methods and improvements in planting and producing have been used to the fullest extent. Our farm directors are all highly qualified men, educated in Agriculture at our State College or having its equivalent in a long period of farm experience with the technical and scientific needs supplied in a supervisory way.

We draw upon State College in every way we can and have found their advice, guidance and assistance always helpful in the conduct of our farm operations.

The purpose of our farms is twofold: first, it affords Occupational Therapy for a large number of patients; second, it is an economic factor of considerable importance. The total net value of all goods produced last year on our farms, including livestock, exceeds $250,000.00.

The Occupational Therapy, as well as dietary value, provided by our farm operations is perhaps best described by one of our superintendents in a recent report to his executive committee and I take the privilege of quoting therefrom as follows:

"The general health of our patients has been remarkably good during this month. It being the height of the summer season, when we have an abundance of fruit and vegetables, including apples, watermelons, cantaloupes, cucumbers, dewberries, turnips, beets, new potatoes, with plenty of sunshine, fresh air and outdoor exercise, we feel that these things have a strong contributing influence over the welfare of our patients."

We have participated in the AAA farm programs and received benefit payments of several thousand dollars in cash and a rather large amount of substance payments.

Livestock Operation

The livestock on our farms are in general well bred, properly housed and well cared for. Some of this livestock is as fine as can be found in the State, particularly the dairy herds. We have made some advancement during the past year and have given special attention to planning some long-range programs; for example, the raising of beef cattle. Our largest herd of 174 Herfords is at Goldsboro. We should raise at Raleigh and Morganton sufficient beef to meet the needs of these two hospitals. We have 1,000 acres or more of land at Morganton that can fairly well be cleared of bushes and undergrowth and turned into pasture land. It is hardly suitable for cultivation and lies too far from the main grounds for economical development except as pasture land.

During the past year we have particularly stressed the development of the swine herd and the poultry flock at Morganton. We farrowed, during the year, 1,120 pigs, produced 160,000 pounds of pork and now have 810 head of hogs in the herd. We have set as our production goal 1,200 hogs per year. We began an entirely new poultry project producing 5,558 dozen eggs (nearly ten carloads) and nearly 10,000 pounds of chicken for food. We now have a poultry flock of 5,250 birds and have set a goal on an annual production basis of 12,000 broilers and 3,000 laying hens. These two projects are mentioned as typical of plans for quick production although making them permanent projects of operation.

Dairy Herds

We produced last year 311,689 gallons of milk and reached the goal set by the Board of Control, at its first meeting, of producing enough milk to furnish each adult patient one pint of milk per day and each child patient one quart of milk per day. To sustain this production throughout the succeeding years will require constant development and perhaps some enlargement of these herds. The inter-change and purchase of animals between the hospitals has been of great value. We have averaged close to four gallons per day per cow milking. Our herds are generally at the top or near the top of State averages of commercial dairies throughout the State.

Grain Crops

Grain crops have generally been good, producing nearly 30,000 bushels of corn and a little over 20,000 bushels of small grain; this in spite of the rather poor crop season, particularly in the Raleigh area. We averaged well over 40 bushels of corn per acre and this production compares very favorably with similar crops on the best conducted farms in the State.

Building Maintenance

Building maintenance has generally been kept on an even level and some special projects of renovation have been carried out even though under extreme difficulties. Some new structures have been built in the way of poultry houses, cannery, machinery sheds, hay barns, etc. No major construction of new building has been possible as there was available no permanent improvement appropriation for the year. A detailed study of the renovation work done will be found in the report of the business manager at each hospital.

Sanitation

Sanitary conditions have been improved in many cases but there is much yet that must be done. Insofar as present structures would lend themselves to a general renovation we have in great part accomplished satisfactory conditions, but where the nature of the building structure is so old or deteriorated that it must be ultimately replaced with new structures, we have been able to do very little. Some of the more important jobs accomplished are renovation of the dining rooms, food service rooms and kitchen at Raleigh; dining rooms and kitchen at Caswell; renovation of the Brown Building at Raleigh and a large number of the ward buildings at Morganton. The Superintendent of building and grounds there is doing an outstanding job. The list of detailed improvements accomplished is impressive except in comparison with the whole need. We know that much must yet be done before we can say the sanitary conditions, as it relates to structures, can be called satisfactory.

Dietary

The nutritional standards of the dietary departments at each hospital reached a higher standard this year than ever before realized. A sufficient variety of food stuffs, in sufficient quantities, has been made available through the constant efforts of the purchasing officers and the good farm production program.

A great help to this end has been the foods furnished without cost to us through the Food Distribution Administration. To account briefly for this food, we have received for our own use during the year 29,700 bushels of Irish potatoes (55 carloads), 125,000 pounds of green cabbage, 69,250 pounds of beets, 115,000 pounds of carrots, 39,150 pounds of green spinach, 75,000 cans of plum prunes, 18,000 pounds of pickled spareribs, 282,000 dozen shell eggs (15 carloads), 5,238 cases condensed milk.

The total value of all these commodities at wholesale prices would be $225,000.00. This adds 88% to the net value of all goods produced on all our farms.

Menus of all meals are kept on file at our hospitals. Special diets are always furnished on order. I think it can be said that no ward of the State this year has lacked a sufficient diet or adequacy of food. I refer you to the reports of our dieticians for further detailed study and especially to the report of the dietician of the State Hospital at Morganton who has accomplished so much during

the year. We can rightfully be proud of the standards reached in our dietary departments and we shall continue to make them better this present year.

Equipment

Important equipment has been added during the year, principally some $4,000.00 in insulated food carriers at Morganton and some $4,500.00 in new plastic-top tables at Caswell. New Hydro-therapy equipment will be added at Raleigh as soon as it can be obtained. Much equipment is needed as dishwasher and refrigerator units and this will be added when it becomes available. A new service elevator was installed at Raleigh. The usual supply of replacement equipment has been available in general except that war-time substitutes were necessary and shipments were delayed. Government priorities made it possible to obtain this replacement equipment with comparative ease.

Truck and passenger cars for transportation have been available to supply our needs. Some were obtained without cost through Federal agencies; others were purchased as new units.

Power, Heat, Light, Refrigeration and Water

Each of our four hospitals has complete power plants, generating electric current and using steam as a by-product for heating. In every case these plants have been taxed to their limit but our engineers have not experienced any serious disruption of service. Great credit is due our men in charge of these plants as, perhaps more than any other department, they have experienced critical shortages of experienced help. The power plant is, of course, vital to the whole physical plant and great responsibility rests upon the personnel in this department to keep machines and equipment in good condition that service might be continuous especially during the winter months.

Refrigeration units were thought to be adequate until we experienced a great need of storage facilities this year, and even though abnormal conditions existed, we feel that our refrigeration units should be greatly enlarged at the first opportunity. With the enlarged farm program much more cold storage space is needed.

Three of our hospitals maintain their own water plant and system. An enlargement in two of these plants will be necessary. The Raleigh Hospital now obtains its water supply from the City of Raleigh and negotiations are under way for continuing this arrangement at a fair cost.

Personnel

The briefness of this report will not permit the naming of our department heads and key employees who have been so efficient and faithful in the discharge of their duty during the past year. Many of these have devoted long service to the State. The turnover in employees has been great and the shortages have at times been alarming, and had it not been for the faithful devotion of our department heads and key employees, most of whom we have been able to retain during this emergency, I do not see how we could have gone through the year without serious consequences. While the situation now shows only very slight improvement in general employment, we do feel that perhaps we have reached, and hope we have passed, the low point of personnel. The salary schedules have been raised and adjusted during the year insofar as budgetary regulations would permit. Certain equalization of salaries have been made as between the four hospitals.

At this time we are under the regulation of the War Manpower Commission as

regards personnel and they have assigned to each hospital a priority and a ceiling for number of employees, Rules and regulations regarding the movement of employees to and from employment at the hospital are in full effect. In some phases we have benefited from the application of these regulations by the United States Employment Service and the War Manpower Commission. The authorities have been cooperative and considerate in helping to work out problems that we have placed before them.

Recreational Facilities

Recreational facilities have been added for the personal comfort of patients. At Morganton a highly attractive, well-shaded, large recreational park was completed about the beginning of the year. At Caswell some very excellent playground equipment has been provided and has afforded widespread enjoyment for the patients there. We have studied plans for increasing recreational facilities and hope to make great progress in this line during the present year. Not only are greatly increased facilities essential for the general welfare of the patients, but well-planned recreational programs would also be of much benefit to the employees at these institutions where, in most cases, they are isolated from village or city recreational facilities. Religious services are now being conducted regularly at each hospital. Moving picture shows are provided at least once per week. Since pictures are furnished by the moving picture syndicate, without cost to the hospitals, they are limited strictly for the enjoyment of the patients and only those employees necessary for the proper supervision of the patients in attendance. As more and better equipment becomes available in the recreational field and with the anticipated employment of a recreational director at each hospital, we look forward to much advancement in this phase of our work.

Conclusion

The year's operation as a whole seems successful, and if so, under these trying war-time conditions, it would appear greater advancement can be made in the post war period. The General Management Office particularly afforded an ideal set up for the procurement of food from the Food Distribution Administration although this activity was only incidental to the Central Office work. Likewise, during the post war period the General Manager will be in position to procure advantageously all government surplus goods for the hospitals as may be needed. It is estimated there will be 15 billion dollars' worth of post war surplus goods and equipment put on the market or distributed to government organizations.

We talk of money, buildings, food, clothing, farms and plants--that constitutes our job--but all of this contributes to and is essential to the general comfort and welfare of every patient and whatever we do it must contribute finally to their ultimate good. The per capita cost has risen sharply, made possible through increased appropriations, and rightfully so, and it will continue to rise until we have reached a standard to which we can point with satisfaction and pride.

The North Carolina Hospitals Board has a great responsibility in the care of the mental patients in our State. The Professional and Business Administrative staffs must discharge their duties in accordance with policies and directions given them by the Board. We of the Business Administration have done our best although certainly with no approach to perfection. Cooperation throughout the business organization has been good. The friendship and personal interest of every member of the Board is of great value to us and we look to them for encouragement to meet the many problems that occur in our daily work. The Chairman of our Board, the Chairman of the Building Committee and the Chairman of the Farm and Livestock Committee have particularly given generously of their time in administrative matters. To every member of the Board, this report is closed in expressing to you a deep sense of

appreciation and thanks for the guidance and encouragement you have given the Business Administration during the year.

R. M. Rothgeb
General Business Manager

NORTH CAROLINA HOSPITALS BOARD OF CONTROL

Commodities Received from F. D. A.

For Year 1943-44

Eggs, shell 9,936 cases @ $10.50	$ 98,658
Potatoes 16,550 bags @ $3.50	57,925
Condensed milk 5,238 cases @ $4.10	21,475
Pickled spare ribs 18,000 lbs. @ 20¢	3,600
Prunes, plum 3,750 cases @ $8.00	30,000
Beans, snap 175 hampers @ $1.25	219
Cabbage, green 125,000 lbs. @ 3¢	3,750
Beets 69,250 lbs. @ 6¢	4,154
Carrots 115,000 lbs. @ 4¢	4,600
Spinach, green 39,150 lbs. @ 3¢	1,175
	$225,556